Role of nutritional interventions and aging in intestinal health

Stellingen behorende bij het proefschrift

Role of nutritional interventions and aging in intestinal health

1. Intestinal epithelial barrier function is preserved in healthy elderly (this thesis)

2. Intestinal microbiota perturbations observed in the elderly are more likely to be associated with health status, medication use and lifestyle factors, rather than with chronological aging per se (this thesis)

3. Prebiotic supplementation does not boost immune function in healthy adults and elderly (this thesis)

4. Effects of nutritional interventions on intestinal health in animals need confirmation in humans, preferably in the target population (this thesis)

5. As population aging imposes an increasing challenge for society in terms of burden on health care systems and associated costs, preventive actions are needed to induce gain in quality-adjusted life years and limit disability-adjusted life years (this thesis, valorization)

6. Robust biomarkers of frailty are needed to identify older subjects that would benefit most from specific interventions and to evaluate the efficacy thereof (Cardoso et al. Ageing Res Rev, 2018)

7. Fecal microbiota transplantation in irritable bowel syndrome patients is an effective treatment to reduce symptoms on the short term (El-Salhy et al. Gut, 2019)

8. Medical schools should improve nutrition education for future doctors to better advise patients on nutrition and nutrition-related problems (Coghlan et al. the Lancet, 2019)

9. Education is the most powerful weapon, which you can use to change the world (Nelson Mandela, 1918-2013)

10. De natuur kent het grote geheim en glimlacht (Victor Hugo, 1802-1885)

11. There is more to life than increasing its speed (Mahatma Gandhi, 1869-1948)

Ellen Wilms, 24-09-2020